

# Apple Duathlon

May 26, 2018

## Individual

### Overall Results - Female

| Place | No. | Name                | S | Age | City         | St. | ----- RUN ----- |     |       | ----- BIKE ----- |          |     | ----- RUN ----- |          |          | Penalty | Total Time |     |             |
|-------|-----|---------------------|---|-----|--------------|-----|-----------------|-----|-------|------------------|----------|-----|-----------------|----------|----------|---------|------------|-----|-------------|
|       |     |                     |   |     |              |     | Time            | Plc | Pace  | T1               | Time     | Plc | Mph             | T2       | Time     |         |            | Plc | Pace        |
| 1     | 236 | Suzie Fox           | F | 34  | Chaska       | MN  | 00:20:31        | 33  | 6:36  | 00:00:51         | 00:56:10 | 23  | 21.9            | 00:00:37 | 00:21:41 | 25      | 6:58       |     | 01:39:48.01 |
| 2     | 205 | Andrea Myers        | F | 42  | Plymouth     | MN  | 00:21:41        | 41  | 6:58  | 00:00:32         | 01:00:51 | 45  | 20.2            | 00:00:39 | 00:24:15 | 37      | 7:48       |     | 01:47:55.99 |
| 3     | 179 | Amy Woolsey         | F | 52  | Sauk Rapids  | MN  | 00:23:05        | 63  | 7:25  | 00:01:04         | 01:00:06 | 40  | 20.5            | 00:00:54 | 00:25:23 | 51      | 8:09       |     | 01:50:29.30 |
| 4     | 102 | Gillian Auslander   | F | 48  | Minneapolis  | MN  | 00:22:18        | 50  | 7:10  | 00:01:03         | 01:01:12 | 46  | 20.1            | 00:00:59 | 00:25:15 | 49      | 8:07       |     | 01:50:44.29 |
| 5     | 159 | Becca Joseph        | F | 43  | Minnetonka   | MN  | 00:22:24        | 51  | 7:12  | 00:00:51         | 01:02:49 | 56  | 19.6            | 00:00:44 | 00:24:19 | 39      | 7:49       |     | 01:51:04.04 |
| 6     | 251 | Cheri Bates         | F | 46  | Sauk Rapids  | MN  | 00:25:16        | 82  | 8:07  | 00:00:51         | 00:58:19 | 29  | 21.1            | 00:00:55 | 00:26:12 | 56      | 8:25       |     | 01:51:31.19 |
| 7     | 197 | Julie Hurley        | F | 45  | Excelsior    | MN  | 00:21:51        | 44  | 7:01  | 00:00:54         | 01:03:14 | 59  | 19.5            | 00:00:55 | 00:24:45 | 43      | 7:57       |     | 01:51:36.74 |
| 8     | 190 | Jenna Christensen   | F | 27  | Janesville   | MN  | 00:23:53        | 71  | 7:40  | 00:00:51         | 01:00:40 | 43  | 20.3            | 00:00:48 | 00:28:20 | 67      | 9:07       |     | 01:54:29.45 |
| 9     | 184 | Tracie Kent         | F | 44  | Saint Paul   | MN  | 00:24:29        | 76  | 7:52  | 00:00:52         | 01:04:04 | 62  | 19.2            | 00:00:56 | 00:24:44 | 42      | 7:57       |     | 01:55:02.14 |
| 10    | 220 | Judy Murray         | F | 58  | Sartell      | MN  | 00:25:27        | 88  | 8:11  | 00:01:11         | 01:04:58 | 68  | 18.9            | 00:01:12 | 00:28:32 | 69      | 9:11       |     | 02:01:17.28 |
| 11    | 105 | Emily Rothstein     | F | 28  | Saint Cloud  | MN  | 00:24:21        | 75  | 7:50  | 00:01:06         | 01:09:25 | 87  | 17.7            | 00:01:02 | 00:26:32 | 57      | 8:32       |     | 02:02:23.28 |
| 12    | 223 | Andrea Sailer       | F | 41  | Sartrll      | MI  | 00:25:23        | 85  | 8:10  | 00:00:52         | 01:05:39 | 74  | 18.7            | 00:00:59 | 00:29:50 | 74      | 9:36       |     | 02:02:41.29 |
| 13    | 224 | Pam Stevens         | F | 65  | Sartell      | MN  | 00:26:49        | 98  | 8:37  | 00:00:57         | 01:03:48 | 61  | 19.3            | 00:01:06 | 00:30:16 | 78      | 9:44       |     | 02:02:53.29 |
| 14    | 176 | Jessica Paul        | F | 40  | Sauk Rapids  | MN  | 00:25:24        | 86  | 8:10  | 00:01:03         | 01:05:51 | 75  | 18.7            | 00:01:03 | 00:30:25 | 79      | 9:47       |     | 02:03:43.78 |
| 15    | 143 | Dayna Schleppenbach | F | 26  | Saint Paul   | MN  | 00:23:33        | 66  | 7:34  | 00:00:59         | 01:11:31 | 94  | 17.2            | 00:00:55 | 00:27:04 | 60      | 8:42       |     | 02:03:58.44 |
| 16    | 125 | Bev Swanson         | F | 48  | Buffalo      | MN  | 00:24:31        | 77  | 7:53  | 00:00:59         | 01:07:32 | 78  | 18.2            | 00:00:47 | 00:30:26 | 80      | 9:47       |     | 02:04:12.52 |
| 17    | 109 | Stepanie Janson     | F | 35  | Sartell      | MN  | 00:22:35        | 56  | 7:16  | 00:00:50         | 01:10:38 | 91  | 17.4            | 00:00:55 | 00:29:30 | 73      | 9:29       |     | 02:04:25.42 |
| 18    | 162 | Liz Johnson         | F | 35  | Mankato      | MN  | 00:26:46        | 97  | 8:36  | 00:01:49         | 01:04:21 | 64  | 19.1            | 00:01:25 | 00:33:45 | 96      | 10:51      |     | 02:08:03.19 |
| 19    | 140 | Rachael Weiker      | F | 33  | Minneapolis  | MN  | 00:26:13        | 93  | 8:26  | 00:00:57         | 01:09:07 | 86  | 17.8            | 00:01:10 | 00:32:01 | 86      | 10:18      |     | 02:09:25.77 |
| 20    | 221 | Beth Wengler        | F | 52  | Saint Cloud  | MN  | 00:27:51        | 103 | 8:57  | 00:01:31         | 01:07:51 | 79  | 18.1            | 00:01:45 | 00:32:58 | 92      | 10:36      |     | 02:11:53.27 |
| 21    | 227 | Anne Hoeschen       | F | 44  | Freeport     | MN  | 00:29:59        | 111 | 9:38  | 00:01:00         | 01:09:55 | 88  | 17.6            | 00:00:51 | 00:32:59 | 93      | 10:36      |     | 02:14:41.46 |
| 22    | 160 | Cindy Rother        | F | 53  | Hastings     | MN  | 00:25:34        | 90  | 8:13  | 00:01:57         | 01:15:26 | 105 | 16.3            | 00:01:10 | 00:32:04 | 87      | 10:19      |     | 02:16:07.68 |
| 23    | 104 | Dina Khaled         | F | 47  | Minneapolis  | MN  | 00:28:12        | 106 | 9:04  | 00:01:22         | 01:14:57 | 104 | 16.4            | 00:01:21 | 00:33:51 | 97      | 10:53      |     | 02:19:41.12 |
| 24    | 194 | Cathleen Mcginnity  | F | 52  | Luck         | WI  | 00:28:51        | 108 | 9:17  | 00:01:31         | 01:14:15 | 103 | 16.6            | 00:01:09 | 00:34:07 | 99      | 10:58      |     | 02:19:50.01 |
| 25    | 196 | Sara Scott          | F | 44  | Foley        | MN  | 00:28:06        | 105 | 9:02  | 00:02:10         | 01:10:37 | 90  | 17.4            | 00:02:10 | 00:37:39 | 109     | 12:06      |     | 02:20:39.17 |
| 26    | 168 | Erin Ross           | F | 39  | Saint Joseph | MN  | 00:30:10        | 112 | 9:42  | 00:01:19         | 01:13:53 | 100 | 16.7            | 00:01:09 | 00:34:44 | 100     | 11:10      |     | 02:21:12.43 |
| 27    | 158 | Jocelyn Thorson     | F | 19  | Sauk Rapids  | MN  | 00:25:21        | 84  | 8:09  | 00:00:52         | 01:24:44 | 120 | 14.5            | 00:01:04 | 00:33:28 | 95      | 10:46      |     | 02:25:26.50 |
| 28    | 123 | Kimberly Troske     | F | 42  | Eden Prairie | MN  | 00:31:08        | 117 | 10:01 | 00:01:47         | 01:15:41 | 106 | 16.3            | 00:01:39 | 00:35:33 | 104     | 11:26      |     | 02:25:45.85 |
| 29    | 129 | Kari Collett        | F | 47  | Saint Cloud  | MN  | 00:28:00        | 104 | 9:00  | 00:01:12         | 01:21:34 | 117 | 15.1            | 00:01:18 | 00:35:43 | 105     | 11:29      |     | 02:27:43.95 |
| 30    | 149 | Amy Cross           | F | 25  | Saint Cloud  | MN  | 00:27:36        | 102 | 8:52  | 00:01:23         | 01:26:07 | 121 | 14.3            | 00:01:33 | 00:33:10 | 94      | 10:40      |     | 02:29:46.49 |
| 31    | 217 | Joann Marshall      | F | 59  | Sauk Rapids  | MN  | 00:32:50        | 123 | 10:33 | 00:00:57         | 01:18:07 | 108 | 15.8            | 00:00:46 | 00:37:28 | 108     | 12:03      |     | 02:30:05.18 |
| 32    | 230 | Michel Sanders      | F | 64  | Saint Paul   | MN  | 00:32:56        | 124 | 10:35 | 00:01:37         | 01:18:23 | 109 | 15.7            | 00:01:59 | 00:40:18 | 113     | 12:58      |     | 02:35:10.50 |
| 33    | 142 | Angela Nelson       | F | 32  | Saint Cloud  | MN  | 00:29:28        | 110 | 9:28  | 00:02:14         | 01:19:17 | 111 | 15.5            | 00:01:08 | 00:43:28 | 118     | 13:59      |     | 02:35:31.32 |
| 34    | 209 | Nancy Bauer         | F | 58  | Hastings     | MN  | 00:27:06        | 99  | 8:43  | 00:01:10         | 01:20:57 | 114 | 15.2            | 00:01:08 | 00:46:08 | 122     | 14:50      |     | 02:36:27.15 |
| 35    | 126 | Julianna Kuhn       | F | 35  | Albany       | MN  | 00:31:37        | 119 | 10:10 | 00:01:06         | 01:20:11 | 113 | 15.3            | 00:01:07 | 00:43:38 | 119     | 14:02      |     | 02:37:36.13 |

# Apple Duathlon

May 26, 2018

## Individual

### Overall Results - Female

| Place | No. | Name              | S | Age | City        | St. | ----- RUN ----- |     |       | T1       | ----- BIKE ----- |     |      | T2       | ----- RUN ----- |     |       | Penalty | Total Time  |
|-------|-----|-------------------|---|-----|-------------|-----|-----------------|-----|-------|----------|------------------|-----|------|----------|-----------------|-----|-------|---------|-------------|
|       |     |                   |   |     |             |     | Time            | Plc | Pace  |          | Time             | Plc | Mph  |          | Time            | Plc | Pace  |         |             |
| 36    | 192 | Lynette Hartman   | F | 45  | Foley       | MN  | 00:30:46        | 116 | 9:53  | 00:02:14 | 01:21:33         | 116 | 15.1 | 00:02:32 | 00:42:36        | 115 | 13:42 |         | 02:39:37.88 |
| 37    | 200 | Jennifer Siemers  | F | 44  | Foley       | MN  | 00:30:45        | 115 | 9:53  | 00:02:12 | 01:21:44         | 118 | 15.1 | 00:02:23 | 00:42:37        | 116 | 13:42 |         | 02:39:38.23 |
| 38    | 203 | Emily Quandt      | F | 20  | Annandale   | MN  | 00:24:52        | 79  | 8:00  | 00:00:48 | 01:40:58         | 128 | 12.2 | 00:00:43 | 00:35:12        | 102 | 11:19 |         | 02:42:30.73 |
| 39    | 151 | Alyssa Knese      | F | 31  | Sauk Rapids | MN  | 00:31:58        | 122 | 10:17 | 00:02:21 | 01:31:49         | 126 | 13.4 | 00:01:31 | 00:36:55        | 107 | 11:52 |         | 02:44:30.12 |
| 40    | 191 | Samantha Polinder | F | 37  | Saint Cloud | MN  | 00:37:06        | 127 | 11:56 | 00:01:18 | 01:19:43         | 112 | 15.4 | 00:00:58 | 00:45:58        | 121 | 14:47 |         | 02:44:59.97 |
| 41    | 136 | Daphne Immele     | F | 55  | Bloomington | MN  | 00:31:48        | 120 | 10:13 | 00:02:36 | 01:26:10         | 122 | 14.3 | 00:02:34 | 00:51:54        | 126 | 16:42 |         | 02:54:59.32 |
| 42    | 181 | Jo Henning        | F | 60  | Sartell     | MN  | 00:31:54        | 121 | 10:15 | 00:01:37 | 01:29:29         | 123 | 13.8 | 00:03:16 | 00:49:14        | 125 | 15:50 |         | 02:55:26.30 |
| 43    | 120 | Heather Hubbard   | F | 45  | Minneapolis | MN  | 00:36:27        | 126 | 11:43 | 00:03:16 | 01:30:53         | 125 | 13.5 | 00:03:16 | 00:48:01        | 124 | 15:27 |         | 03:01:49.57 |

# Apple Duathlon

May 26, 2018

## Individual

### Overall Results - Male

| Place | No. | Name               | S | Age | City          | St. | ----- RUN ----- |     |      | ----- BIKE ----- |          |     | ----- RUN ----- |          |          | Penalty | Total Time |     |             |
|-------|-----|--------------------|---|-----|---------------|-----|-----------------|-----|------|------------------|----------|-----|-----------------|----------|----------|---------|------------|-----|-------------|
|       |     |                    |   |     |               |     | Time            | Plc | Pace | T1               | Time     | Plc | Mph             | T2       | Time     |         |            | Plc | Pace        |
| 1     | 243 | Jesson Baumgartner | M | 36  | Rochester     | MN  | 00:15:34        | 1   | 5:00 | 00:00:33         | 00:47:24 | 1   | 26.0            | 00:00:32 | 00:17:16 | 2       | 5:33       |     | 01:21:16.61 |
| 2     | 241 | Todd Buckingham    | M | 29  | Big Rapids    | MI  | 00:15:42        | 2   | 5:03 | 00:00:30         | 00:48:46 | 3   | 25.2            | 00:00:25 | 00:16:53 | 1       | 5:25       |     | 01:22:13.40 |
| 3     | 248 | Wade Cruser        | M | 31  | Sauk Rapids   | MN  | 00:15:52        | 4   | 5:06 | 00:00:31         | 00:47:27 | 2   | 25.9            | 00:00:27 | 00:18:43 | 7       | 6:01       |     | 01:22:57.25 |
| 4     | 245 | Patrick Parish     | M | 33  | Minneapolis   | MN  | 00:16:33        | 7   | 5:19 | 00:00:27         | 00:49:11 | 4   | 25.0            | 00:00:27 | 00:18:08 | 5       | 5:49       |     | 01:24:43.64 |
| 5     | 238 | Theodore Treise    | M | 24  | Minneapolis   | MN  | 00:16:24        | 6   | 5:16 | 00:00:37         | 00:50:42 | 7   | 24.3            | 00:00:26 | 00:18:02 | 3       | 5:48       |     | 01:26:08.80 |
| 6     | 244 | Kris Spoth         | M | 30  | Saint Paul    | MN  | 00:17:08        | 10  | 5:30 | 00:00:30         | 00:50:06 | 6   | 24.6            | 00:00:31 | 00:19:06 | 9       | 6:08       |     | 01:27:18.06 |
| 7     | 240 | Josh Blankenheim   | M | 37  | Duluth        | MN  | 00:17:12        | 11  | 5:31 | 00:00:34         | 00:51:26 | 10  | 23.9            | 00:00:34 | 00:18:21 | 6       | 5:54       |     | 01:28:04.00 |
| 8     | 207 | Brooks Grossinger  | M | 41  | Mayer         | MN  | 00:17:07        | 9   | 5:30 | 00:00:34         | 00:50:52 | 8   | 24.2            | 00:00:34 | 00:19:48 | 12      | 6:22       |     | 01:28:51.91 |
| 9     | 108 | Kevin Oconnor      | M | 46  | Medina        | MN  | 00:17:52        | 13  | 5:44 | 00:00:32         | 00:51:06 | 9   | 24.1            | 00:00:30 | 00:19:11 | 10      | 6:10       |     | 01:29:08.79 |
| 10    | 214 | Andrew Zabel       | M | 38  | Sartell       | MN  | 00:18:09        | 15  | 5:50 | 00:00:43         | 00:49:43 | 5   | 24.7            | 00:00:40 | 00:20:09 | 13      | 6:28       |     | 01:29:21.06 |
| 11    | 239 | Jake Braam         | M | 26  | Elysian       | MN  | 00:15:49        | 3   | 5:05 | 00:00:33         | 00:54:36 | 18  | 22.5            | 00:00:34 | 00:18:52 | 8       | 6:04       |     | 01:30:22.22 |
| 12    | 249 | Jacob Olsen        | M | 26  | Roseville     | MN  | 00:16:34        | 8   | 5:19 | 00:00:28         | 00:53:27 | 15  | 23.0            | 00:00:31 | 00:19:41 | 11      | 6:20       |     | 01:30:38.65 |
| 13    | 246 | Stephen Eles       | M | 38  | Houghton      | MI  | 00:16:23        | 5   | 5:16 | 00:00:34         | 00:55:39 | 22  | 22.1            | 00:00:37 | 00:18:03 | 4       | 5:48       |     | 01:31:14.32 |
| 14    | 213 | Mike Buenting      | M | 43  | Chanhassen    | MN  | 00:17:55        | 14  | 5:45 | 00:00:32         | 00:51:56 | 12  | 23.7            | 00:00:35 | 00:20:36 | 18      | 6:37       |     | 01:31:31.43 |
| 15    | 148 | Brandon Knettel    | M | 34  | Raleigh       | NC  | 00:18:57        | 21  | 6:05 | 00:00:47         | 00:51:47 | 11  | 23.8            | 00:00:46 | 00:20:54 | 21      | 6:43       |     | 01:33:07.59 |
| 16    | 147 | Moshe Peri         | M | 41  | Minnetonka    | MN  | 00:17:44        | 12  | 5:42 | 00:00:34         | 00:54:33 | 17  | 22.6            | 00:00:29 | 00:20:11 | 14      | 6:29       |     | 01:33:28.77 |
| 17    | 103 | Phillip Falkner    | M | 48  | Minneapolis   | MN  | 00:18:46        | 19  | 6:02 | 00:00:51         | 00:53:01 | 14  | 23.2            | 00:00:43 | 00:20:12 | 15      | 6:30       |     | 01:33:31.31 |
| 18    | 156 | Kyle Krause        | M | 27  | North Mankato | MN  | 00:19:26        | 24  | 6:14 | 00:00:55         | 00:53:47 | 16  | 22.9            | 00:00:55 | 00:20:54 | 22      | 6:43       |     | 01:35:55.04 |
| 19    | 212 | Rob Madgwick       | M | 53  | Sauk Rapids   | MN  | 00:19:25        | 23  | 6:14 | 00:00:39         | 00:52:54 | 13  | 23.3            | 00:00:38 | 00:22:27 | 30      | 7:13       |     | 01:36:00.80 |
| 20    | 127 | Thomas Hannon      | M | 24  | Minneapolis   | MN  | 00:18:45        | 18  | 6:02 | 00:00:35         | 00:56:33 | 24  | 21.8            | 00:00:38 | 00:20:20 | 16      | 6:32       |     | 01:36:48.81 |
| 21    | 247 | Scott Myers        | M | 42  | Plymouth      | MN  | 00:19:29        | 26  | 6:16 | 00:00:34         | 00:54:55 | 19  | 22.4            | 00:00:40 | 00:21:20 | 24      | 6:51       |     | 01:36:55.27 |
| 22    | 164 | Chris Hagen        | M | 42  | Little Falls  | MN  | 00:18:23        | 16  | 5:54 | 00:01:00         | 00:57:03 | 26  | 21.6            | 00:00:34 | 00:20:43 | 20      | 6:39       |     | 01:37:41.58 |
| 23    | 117 | Andrew Novak       | M | 16  | Oronoco       | MN  | 00:19:15        | 22  | 6:11 | 00:00:48         | 00:55:01 | 20  | 22.4            | 00:00:48 | 00:22:47 | 31      | 7:19       |     | 01:38:35.56 |
| 24    | 138 | Matt Wiitala       | M | 36  | Osseo         | MN  | 00:18:52        | 20  | 6:04 | 00:00:50         | 00:58:09 | 28  | 21.2            | 00:00:45 | 00:21:45 | 26      | 6:59       |     | 01:40:18.51 |
| 25    | 250 | Chris Lyle         | M | 46  | Woodbury      | MN  | 00:20:10        | 30  | 6:29 | 00:01:23         | 00:55:31 | 21  | 22.2            | 00:01:18 | 00:22:22 | 29      | 7:11       |     | 01:40:42.00 |
| 26    | 180 | Ben Bassett        | M | 41  | Minneapolis   | MN  | 00:19:54        | 29  | 6:23 | 00:00:47         | 00:59:00 | 31  | 20.9            | 00:00:45 | 00:20:36 | 17      | 6:37       |     | 01:40:58.81 |
| 27    | 155 | Ivan Schleppenbach | M | 24  | Saint Joseph  | MN  | 00:20:53        | 35  | 6:43 | 00:00:52         | 00:59:21 | 36  | 20.7            | 00:00:33 | 00:21:01 | 23      | 6:45       |     | 01:42:36.23 |
| 28    | 112 | Tyson Molitor      | M | 29  | Belgrade      | MN  | 00:19:35        | 28  | 6:18 | 00:00:47         | 01:00:23 | 41  | 20.4            | 00:00:50 | 00:22:06 | 28      | 7:06       |     | 01:43:38.30 |
| 29    | 206 | Jesse Westrup      | M | 43  | Sartell       | MN  | 00:19:29        | 25  | 6:16 | 00:00:57         | 01:03:09 | 58  | 19.5            | 00:00:38 | 00:20:42 | 19      | 6:39       |     | 01:44:53.05 |
| 30    | 232 | Riant Northway     | M | 36  | Lake Shore    | MN  | 00:21:53        | 45  | 7:02 | 00:00:40         | 00:57:00 | 25  | 21.6            | 00:00:44 | 00:24:56 | 44      | 8:01       |     | 01:45:10.26 |
| 31    | 186 | Andy Clark         | M | 55  | Northfield    | MN  | 00:20:48        | 34  | 6:41 | 00:00:56         | 00:59:04 | 33  | 20.8            | 00:01:02 | 00:24:42 | 41      | 7:56       |     | 01:46:29.30 |
| 32    | 178 | Aaron Halbe        | M | 37  | Plymouth      | MN  | 00:20:59        | 36  | 6:44 | 00:01:23         | 00:59:31 | 37  | 20.7            | 00:01:12 | 00:23:29 | 34      | 7:33       |     | 01:46:30.55 |
| 33    | 187 | Tyler Abfalter     | M | 31  | Saint Cloud   | MN  | 00:21:08        | 37  | 6:48 | 00:00:38         | 01:02:43 | 54  | 19.6            | 00:00:33 | 00:22:02 | 27      | 7:05       |     | 01:47:01.81 |
| 34    | 153 | Eric Schleppenbach | M | 31  | Minneapolis   | MN  | 00:22:06        | 48  | 7:06 | 00:01:03         | 00:59:19 | 35  | 20.7            | 00:00:48 | 00:24:15 | 38      | 7:48       |     | 01:47:29.94 |
| 35    | 152 | David Kerber       | M | 41  | Maple Grove   | MN  | 00:21:47        | 42  | 7:00 | 00:01:08         | 01:00:45 | 44  | 20.3            | 00:01:02 | 00:23:12 | 33      | 7:27       |     | 01:47:51.36 |

# Apple Duathlon

May 26, 2018

## Individual

### Overall Results - Male

| Place | No. | Name              | S | Age | City          | St. | ----- RUN ----- |     |      | ----- BIKE ----- |          |     | ----- RUN ----- |          |          | Penalty | Total Time |     |             |
|-------|-----|-------------------|---|-----|---------------|-----|-----------------|-----|------|------------------|----------|-----|-----------------|----------|----------|---------|------------|-----|-------------|
|       |     |                   |   |     |               |     | Time            | Plc | Pace | T1               | Time     | Plc | Mph             | T2       | Time     |         |            | Plc | Pace        |
| 36    | 182 | Luke Harned       | M | 65  | Saint Paul    | MN  | 00:22:01        | 47  | 7:05 | 00:00:55         | 00:59:48 | 39  | 20.6            | 00:01:03 | 00:25:07 | 47      | 8:04       |     | 01:48:51.86 |
| 37    | 113 | Mike Bowman       | M | 39  | Eagan         | MN  | 00:21:37        | 40  | 6:57 | 00:00:56         | 01:01:36 | 49  | 20.0            | 00:00:49 | 00:23:58 | 35      | 7:42       |     | 01:48:54.31 |
| 38    | 106 | Rob Williams      | M | 38  | Eden Prairie  | MN  | 00:20:12        | 31  | 6:29 | 00:01:10         | 00:58:43 | 30  | 21.0            | 00:01:16 | 00:27:42 | 63      | 8:54       |     | 01:48:58.97 |
| 39    | 150 | Timm Vedder       | M | 43  | Sartell       | MN  | 00:23:03        | 61  | 7:24 | 00:01:17         | 01:01:47 | 50  | 19.9            | 00:00:53 | 00:22:59 | 32      | 7:23       |     | 01:49:56.73 |
| 40    | 132 | Steve Peterson    | M | 60  | Saint Paul    | MN  | 00:23:15        | 65  | 7:28 | 00:00:57         | 00:59:00 | 32  | 20.9            | 00:00:47 | 00:26:43 | 58      | 8:35       |     | 01:50:39.66 |
| 41    | 235 | Douglas Davis     | M | 35  | Cottage Grove | MN  | 00:22:42        | 57  | 7:18 | 00:01:11         | 00:57:56 | 27  | 21.2            | 00:01:22 | 00:28:43 | 70      | 9:14       |     | 01:51:51.85 |
| 42    | 172 | Scott Dezurik     | M | 50  | Avon          | MN  | 00:22:52        | 58  | 7:21 | 00:00:46         | 01:02:30 | 53  | 19.7            | 00:00:49 | 00:25:38 | 52      | 8:14       |     | 01:52:32.95 |
| 43    | 216 | Greg Koutoupas    | M | 45  | Saint Joseph  | MN  | 00:22:29        | 54  | 7:13 | 00:01:04         | 01:02:03 | 51  | 19.8            | 00:01:14 | 00:25:51 | 53      | 8:18       |     | 01:52:37.62 |
| 44    | 167 | Kerby Plante      | M | 45  | Saint Cloud   | MN  | 00:22:24        | 52  | 7:12 | 00:00:53         | 01:04:09 | 63  | 19.2            | 00:00:45 | 00:25:22 | 50      | 8:09       |     | 01:53:30.54 |
| 45    | 198 | Kyle Kraemer      | M | 25  | Saint Cloud   | MN  | 00:22:01        | 46  | 7:04 | 00:00:52         | 01:00:31 | 42  | 20.3            | 00:01:05 | 00:29:22 | 72      | 9:27       |     | 01:53:48.54 |
| 46    | 228 | Mike Flynn        | M | 66  | Elk River     | MN  | 00:24:36        | 78  | 7:54 | 00:01:04         | 01:02:22 | 52  | 19.7            | 00:01:12 | 00:25:06 | 46      | 8:04       |     | 01:54:17.05 |
| 47    | 173 | Adam Burrack      | M | 35  | Minneapolis   | MN  | 00:18:35        | 17  | 5:58 | 00:01:11         | 01:05:24 | 73  | 18.8            | 00:01:06 | 00:28:30 | 68      | 9:10       |     | 01:54:43.91 |
| 48    | 185 | Jason Migala      | M | 39  | Sauk Rapids   | MN  | 00:22:32        | 55  | 7:14 | 00:00:48         | 01:01:15 | 47  | 20.1            | 00:00:54 | 00:30:09 | 76      | 9:42       |     | 01:55:34.65 |
| 49    | 110 | Tim Obrien        | M | 62  | Minneapolis   | MN  | 00:26:19        | 96  | 8:28 | 00:01:24         | 00:59:12 | 34  | 20.8            | 00:01:41 | 00:27:04 | 59      | 8:42       |     | 01:55:36.89 |
| 50    | 135 | Mike Abel         | M | 50  | Sartell       | MN  | 00:25:37        | 91  | 8:14 | 00:01:24         | 00:59:46 | 38  | 20.6            | 00:01:28 | 00:27:29 | 62      | 8:50       |     | 01:55:42.04 |
| 51    | 177 | Jason Neumann     | M | 36  | Saint Cloud   | MN  | 00:23:34        | 67  | 7:34 | 00:00:45         | 01:02:47 | 55  | 19.6            | 00:01:07 | 00:28:17 | 65      | 9:05       |     | 01:56:26.77 |
| 52    | 141 | Nathan Hoffman    | M | 32  | Saint Cloud   | MN  | 00:20:19        | 32  | 6:32 | 00:01:43         | 01:08:34 | 83  | 17.9            | 00:01:10 | 00:25:10 | 48      | 8:05       |     | 01:56:53.30 |
| 53    | 219 | Darin Wieneke     | M | 44  | Saint Paul    | MN  | 00:21:36        | 39  | 6:56 | 00:01:18         | 01:08:46 | 85  | 17.9            | 00:01:18 | 00:24:12 | 36      | 7:47       |     | 01:57:07.72 |
| 54    | 114 | Alexander Forster | M | 25  | Saint Cloud   | MN  | 00:21:50        | 43  | 7:01 | 00:01:24         | 01:08:08 | 81  | 18.1            | 00:01:24 | 00:24:31 | 40      | 7:53       |     | 01:57:14.54 |
| 55    | 107 | Adam Herbst       | M | 41  | Sartell       | MN  | 00:23:11        | 64  | 7:27 | 00:01:17         | 01:07:13 | 77  | 18.3            | 00:01:08 | 00:25:04 | 45      | 8:03       |     | 01:57:49.53 |
| 56    | 157 | Ryan Newman       | M | 41  | Sartell       | MN  | 00:23:00        | 60  | 7:23 | 00:01:05         | 01:06:05 | 76  | 18.6            | 00:01:28 | 00:27:21 | 61      | 8:47       |     | 01:58:56.31 |
| 57    | 133 | Dane Nelsen       | M | 31  | Saint Cloud   | MN  | 00:25:18        | 83  | 8:08 | 00:01:06         | 01:05:06 | 69  | 18.9            | 00:01:04 | 00:28:16 | 64      | 9:05       |     | 02:00:47.51 |
| 58    | 146 | Timothy Swanson   | M | 39  | Carver        | MN  | 00:23:47        | 69  | 7:39 | 00:01:29         | 01:08:15 | 82  | 18.0            | 00:01:17 | 00:26:04 | 55      | 8:23       |     | 02:00:49.29 |
| 59    | 118 | Samuel Gerlach    | M | 23  | Elk River     | MN  | 00:23:44        | 68  | 7:38 | 00:01:04         | 01:05:22 | 72  | 18.8            | 00:00:56 | 00:29:54 | 75      | 9:37       |     | 02:00:57.45 |
| 60    | 193 | Shawn Mcgee       | M | 43  | Sartell       | MN  | 00:23:03        | 62  | 7:25 | 00:01:05         | 01:10:03 | 89  | 17.6            | 00:01:24 | 00:25:54 | 54      | 8:20       |     | 02:01:27.03 |
| 61    | 130 | Dan Buchholz      | M | 41  | Sartell       | MN  | 00:22:26        | 53  | 7:12 | 00:01:14         | 01:04:52 | 67  | 19.0            | 00:01:06 | 00:32:17 | 88      | 10:23      |     | 02:01:52.45 |
| 62    | 175 | Eric Howd         | M | 17  | Hastings      | MN  | 00:19:35        | 27  | 6:17 | 00:00:36         | 01:13:03 | 99  | 16.8            | 00:01:25 | 00:28:17 | 66      | 9:06       |     | 02:02:53.03 |
| 63    | 226 | Scott Rutten      | M | 49  | Sauk Centre   | MN  | 00:27:07        | 100 | 8:43 | 00:01:02         | 01:02:51 | 57  | 19.6            | 00:00:58 | 00:31:03 | 82      | 9:59       |     | 02:02:59.28 |
| 64    | 124 | Sean Devine       | M | 24  | Minneapolis   | MN  | 00:22:09        | 49  | 7:07 | 00:01:03         | 01:08:08 | 80  | 18.1            | 00:01:10 | 00:31:00 | 81      | 9:58       |     | 02:03:27.63 |
| 65    | 131 | Dan Reitsma       | M | 40  | Carver        | MN  | 00:25:25        | 87  | 8:10 | 00:01:38         | 01:03:40 | 60  | 19.3            | 00:01:59 | 00:31:50 | 85      | 10:14      |     | 02:04:31.03 |
| 66    | 128 | Shawn Heller      | M | 39  | Maple Grove   | MN  | 00:30:44        | 114 | 9:53 | 00:02:11         | 01:01:23 | 48  | 20.0            | 00:01:35 | 00:28:56 | 71      | 9:18       |     | 02:04:46.33 |
| 67    | 101 | Cory Brathall     | M | 29  | Minneapolis   | MN  | 00:22:57        | 59  | 7:23 | 00:01:44         | 01:11:10 | 92  | 17.3            | 00:01:09 | 00:31:17 | 83      | 10:03      |     | 02:08:15.16 |
| 68    | 139 | Brian Morris      | M | 41  | Minneapolis   | MN  | 00:23:57        | 72  | 7:42 | 00:01:51         | 01:08:42 | 84  | 17.9            | 00:01:18 | 00:32:34 | 90      | 10:28      |     | 02:08:19.28 |
| 69    | 116 | Ben Koenig        | M | 26  | Sartell       | MN  | 00:23:47        | 70  | 7:39 | 00:00:55         | 01:12:56 | 98  | 16.9            | 00:01:01 | 00:30:11 | 77      | 9:42       |     | 02:08:47.78 |
| 70    | 144 | Eric Stenzel      | M | 36  | Mankato       | MN  | 00:23:59        | 73  | 7:42 | 00:00:47         | 01:12:49 | 97  | 16.9            | 00:00:52 | 00:31:38 | 84      | 10:10      |     | 02:10:02.48 |

# Apple Duathlon

May 26, 2018

## Individual

### Overall Results - Male

| Place | No. | Name            | S | Age | City            | St. | ----- RUN ----- |     |       | ----- BIKE ----- |          |     | ----- RUN ----- |          |          | Penalty | Total Time |             |
|-------|-----|-----------------|---|-----|-----------------|-----|-----------------|-----|-------|------------------|----------|-----|-----------------|----------|----------|---------|------------|-------------|
|       |     |                 |   |     |                 |     | Time            | Plc | Pace  | T1               | Time     | Plc | Mph             | T2       | Time     |         |            | Plc         |
| 71    | 231 | Phillip Paul    | M | 41  | Sauk Rapids     | MN  | 00:24:09        | 74  | 7:46  | 00:01:05         | 01:12:33 | 96  | 17.0            | 00:01:41 | 00:32:33 | 89      | 10:28      | 02:11:58.20 |
| 72    | 189 | Brandon Hansen  | M | 38  | Royalton        | MN  | 00:25:16        | 81  | 8:07  | 00:01:01         | 01:14:02 | 102 | 16.6            | 00:01:03 | 00:35:58 | 106     | 11:34      | 02:17:17.78 |
| 73    | 234 | Tom Couillard   | M | 68  | White Bear Lake | MN  | 00:29:09        | 109 | 9:22  | 00:01:30         | 01:11:11 | 93  | 17.3            | 00:02:06 | 00:33:53 | 98      | 10:54      | 02:17:46.77 |
| 74    | 134 | Brett Mayfield  | M | 49  | Cokato          | MN  | 00:28:23        | 107 | 9:07  | 00:01:51         | 01:04:51 | 66  | 19.0            | 00:02:33 | 00:40:20 | 114     | 12:58      | 02:17:55.01 |
| 75    | 222 | Shane Birch     | M | 48  | Canton          | MN  | 00:25:00        | 80  | 8:02  | 00:01:34         | 01:04:41 | 65  | 19.0            | 00:01:16 | 00:45:52 | 120     | 14:45      | 02:18:20.51 |
| 76    | 233 | Bijesh Amatya   | M | 32  | Saint Cloud     | MN  | 00:26:19        | 95  | 8:28  | 00:01:18         | 01:19:02 | 110 | 15.6            | 00:01:24 | 00:32:54 | 91      | 10:35      | 02:20:53.49 |
| 77    | 183 | Louis Ahlstrand | M | 64  | Saint Paul      | MN  | 00:27:16        | 101 | 8:46  | 00:01:03         | 01:17:12 | 107 | 15.9            | 00:01:03 | 00:34:49 | 101     | 11:12      | 02:21:20.52 |
| 78    | 161 | Joel Dahlin     | M | 41  | Sartell         | MN  | 00:30:27        | 113 | 9:47  | 00:01:16         | 01:14:01 | 101 | 16.6            | 00:01:56 | 00:35:15 | 103     | 11:20      | 02:22:52.88 |
| 79    | 171 | Tyler Rosin     | M | 30  | Sartell         | MN  | 00:25:50        | 92  | 8:18  | 00:03:14         | 01:21:30 | 115 | 15.1            | 00:03:04 | 00:39:03 | 111     | 12:33      | 02:32:38.25 |
| 80    | 170 | Mike Carlson    | M | 41  | Saint Cloud     | MN  | 00:33:08        | 125 | 10:39 | 00:03:10         | 01:11:37 | 95  | 17.2            | 00:03:28 | 00:43:18 | 117     | 13:56      | 02:34:38.13 |
| 81    | 137 | Robert Kranz    | M | 71  | Saint Paul      | MN  | 00:31:14        | 118 | 10:03 | 00:01:55         | 01:22:26 | 119 | 14.9            | 00:01:41 | 00:39:44 | 112     | 12:47      | 02:36:57.75 |
| 82    | 119 | Michael Min     | M | 35  | Minneapolis     | MN  | 00:26:16        | 94  | 8:27  | 00:02:01         | 01:33:41 | 127 | 13.1            | 00:03:02 | 00:39:01 | 110     | 12:33      | 02:43:57.40 |
| 83    | 121 | Brian Hubbard   | M | 46  | Minneapolis     | MN  | 00:39:27        | 128 | 12:41 | 00:03:21         | 01:30:46 | 124 | 13.6            | 00:03:17 | 00:48:01 | 123     | 15:27      | 03:04:49.71 |